ACCUSPLIT
OFFICIAL PEDOMETER OF THE PGA TOUR

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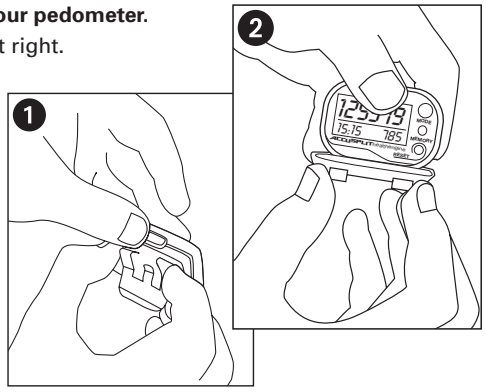
990-003B

ACCUSPLIT *healthengine*™

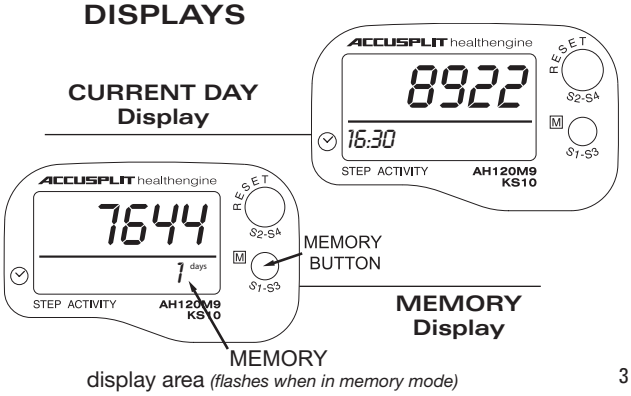
AH120M9 PEDOMETER

Operating Instructions

How to Open your pedometer.
See diagrams at right.



DISPLAYS



The pedometer has two display modes: CURRENT DAY and MEMORY.

1. CURRENT DAY display: Memory display area in lower right of screen is **blank and clock is present in lower left corner**.
2. MEMORY display: Memory display area in lower right of screen shows which day's results you are viewing. To enter MEMORY display, press the gray "M" button.
   Return to CURRENT DAY display by repeatedly pressing the gray "M" button until the memory display area is blank, and clock returns.

Make sure you are in CURRENT DAY display when setting up your pedometer and checking today's steps.

SETTING UP YOUR PEDOMETER

ACCUSPLIT products use a common setting procedure, S1-S2-S3-S4.

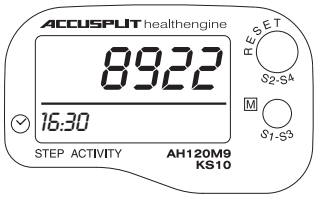
Press S1 for 2 seconds: Enter the SET mode

Press S2: Change the field to be set

Press S3: Change the field value

Press S4 for 2 seconds: Exit the SET mode

SETTING THE CLOCK



The clock must be set in order for the memory's automatic rollover function to work correctly.

1. Press and hold the gray S1 button for 2 seconds. The HOUR display will start to blink, showing that you've entered SET mode.

2. Press the gray S3 button to increase the HOUR display. Hold the button down to change hours quickly.
   PM hours are displayed in military time (1:00 PM is 13:00, 2:00 PM is 14:00, etc.).
3. Press the yellow S2 button to switch from the HOUR display to the MINUTE display. The MINUTE display will start to blink.
4. Press the gray S3 button to increase the MINUTE display. Hold the button down to change minutes quickly.
5. Press and hold the yellow S4 button for 2 seconds to exit SET mode and return to STEP mode. The display will stop flashing.

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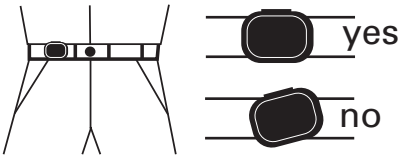
WEARING YOUR PEDOMETER

While gently holding the metal belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: the pedometer should be as vertical as possible.
Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

The cover must be closed for the pedometer to work.

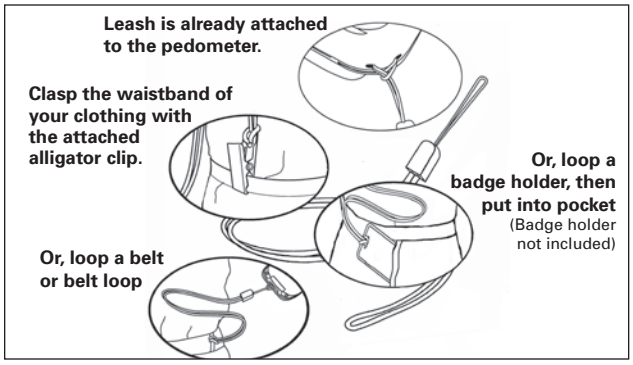


SAFETY LEASH

This pedometer comes with a free safety leash, to help prevent accidental loss. The leash comes pre-attached to the pedometer.

To use the leash, simply clasp the waistband of your clothing with the attached alligator clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

See sketch on next page for details.

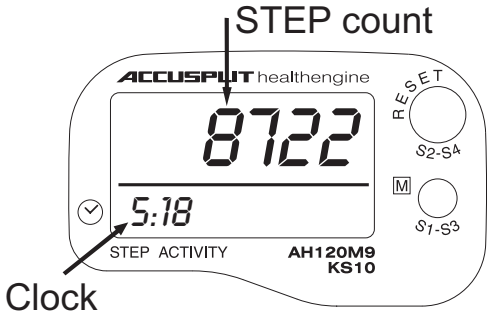

Leash is already attached to the pedometer.
Clasp the waistband of your clothing with the attached alligator clip.
Or, loop a badge holder, then put into pocket
(Badge holder not included)
Or, loop a belt or belt loop

VIEWING YOUR RESULTS

Viewing Today's Results

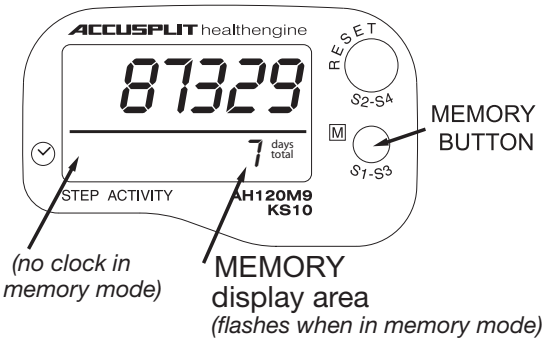
Once you put on your pedometer and close the lid, it will automatically begin to record your steps.

- STEP mode displays all the step count activity since last automatic daily reset (at 3:50 AM)
- TIME OF DAY appears in lower left hand corner of the display.



VIEWING PREVIOUS DAYS' RESULTS

Your pedometer has 9 total memories. There are 7 days of step memories, plus today's step count, plus a TOTAL memory of all steps taken during the past 7 days.



To recall the daily memories from the previous 7-day period:

1. Press the gray "M" button to search for the specific day's records you would like to recall. For example, if you would like to review the records of 2 days ago, press the "M" button until the DAYS display shows "2 days."
2. "1 days" is the record for yesterday, "2 days" is for 2 days ago, etc. "7 days total" shows you the total activity for the past 7 days.
3. Records older than 7 days are automatically discarded.

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CLEARING THE MEMORIES

Auto Reset: At 3:50 AM every day, the previous day's STEP record is automatically saved and STEP display resets to 0. You do not need to press the RESET button every day.

Manual Reset: To reset today's STEP data to 0, press and hold the yellow RESET button for 2 seconds. ***Note:*** Resetting today's steps before automatic nightly rollover prevents them from being tallied in memory.

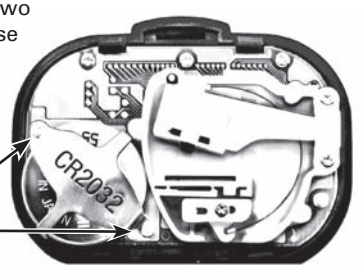
System Reset: To reset all memories to 0 (including the clock), press the recessed SYSTEM RESET button in the lower left corner of the front of the display. (Use a pen or the end of a paper clip.) ***Note:*** In case of irregular display due to static electricity, pressing the SYSTEM RESET button, and then resetting the CLOCK, will return the unit to normal.

REPLACING THE BATTERY

1. When the figures on the display start to blink, it is time to replace the battery.
2. The unit uses one Type CR2032 3-volt lithium battery.
3. Insert a coin into the slot at the bottom of the body case. Twist the coin to remove the front case.
4. Locate the BATTERY HOLDING PLATE at the bottom left corner of the inside case. Remove the plate by loosening the two small screws with a small Phillips head screwdriver.
5. Take out the old battery and replace it with a new battery. Place the battery's positive (+) terminal FACE UP while you install it into the pedometer.

CAUTION: Please DO NOT TOUCH inner pedometer parts, other than battery. Touching the sensor mechanism may affect the accuracy of the pedometer.

6. Reinstall the BATTERY HOLDING PLATE by tightening the two screws. Put the case back together by matching the top edges of the front case and back case together, then pressing the bottom of the case together. If the two halves don't go together easily, check if the front case is upside down!



7. Reset the CLOCK to restore all functions to your pedometer.

NO-PROOF-OF-PURCHASE LIMITED WARRANTY

Free service for first year of ownership;
$12 fee for service thereafter. See label inside unit for date.
See www.accusplit.com/support for details

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